

SILVERWINGS


“Back to the basics”

Vol. 32, Issue 48


Columbus Air Force Base, Miss.

December 5, 2008


Weather




Today
High: 50, Low: 26
Partly Cloudy



Saturday
High: 56, Low: 28
Partly Cloudy



Sunday
High: 53, Low: 27
Mostly Sunny



Monday
High: 55, Low: 38
Partly Cloudy

News Briefs

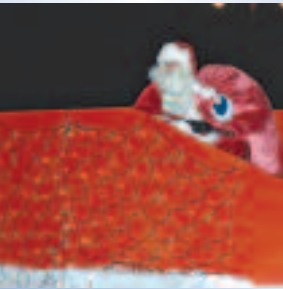
Holiday Cookie Drive

It's time once again to turn our thoughts to the upcoming holidays and the opportunity to provide all our single and unaccompanied personnel with home-baked goods. Each squadron is asked to donate at least 35 dozen cookies or any other baked goods. Cookies should be packed in a formed, disposable container which does not need to be returned. Cookie donations will begin at 6:30 a.m. at the Columbus Club Dec. 8. For more information or to volunteer, please call Susan Dunn at 434-7869.

MDG Canned Food Drive

The 14th medical Group Booster Club is hosting a canned food drive until Dec. 12. Donations can be dropped off at the Base Library, the Base Exchange, the Koritz Clinic lobby, the Chapel, the Bowling Alley, the Children Development Center and the Youth Center. For more information, please call Senior Airman Jennifer Callahan at 434-2411 or Airman 1st Class Bryant Johanson at 434-2167.

Inside



Feature 8

CAFB kicks off holiday season, honors deployed Airmen in this week's feature.



U.S. Air Force photo by Elizabeth Owens

Colonel David Reth, 14th Operations Group commander, speaks with Col. Sulaiman Abdulrahman Alwabel, Flying Wing commander at King Faisal Air Academy, Saudi Arabia, at a static display of a T-6 Texan during a tour of Columbus AFB Tuesday.

Saudi Air Academy leadership team visits Columbus AFB

Capt. Marc Miedziak
14th Operations Group

Columbus AFB hosted Maj. Gen. Al-Sedais, Commandant of Saudi Arabia's King Faizul Air Academy, along with five members of his senior staff as they began their tour of U.S. training facilities Tuesday.

The goal of the visit was to garner a better understanding of how an Air Force pilot is grown, from entering col-

lege to pinning on their silver wings.

Unlike United States Air Force Academy cadets, students at the KFAA have pilot training included within their studies. When these cadets graduate as officers, they are also fully-rated pilots.

In order to expand their cadets' understanding of their allies, Saudi Arabia has begun to send some students to the See SAUDI VISIT, Page 2

COLUMBUS AFB TRAINING TIMELINE

PHASE II

Squadron	Senior Class	Squadron Overall	Track Select
37th (09-12)	12.14 day	4.87 days	Jan. 16
41st (09-11)	5.62 days	1.71 days	Dec. 11

PHASE III

Squadron	Senior Class	Squadron Overall	Graduation
48th (09-01)	0.89 days	1.10 days	Nov. 14
50th (09-01)	1.96 days	8.54 days	Nov. 14

IFF

Squadron	Senior Class	Squadron Overall	Graduation
49th (09-BB)	-1.61 days	0.59 days	Nov. 17

WING SORTIE BOARD

Aircraft	Required	Flown	Annual
T-6	2,784	2,823	2,823
T-1	1,020	999	999
T-38	844	855	855
IFF	238	289	289

November enlisted promotions



U.S. Air Force photo by Elizabeth Owens

The 14th Flying Training Wing congratulates the November enlisted promotees. Pictured are: To Airman: Gregory Strausz, 14th Medical Operations Squadron; To Senior Airman: Stephanie Nash, 14th Force Support Squadron, Derek Ramsey, 14th Civil Engineer Squadron, Jonathan Snowden, 49th Flying Training Squadron; To Staff Sgt.: Lacey Schafer, 14th Operations Support Squadron; To Master Sgt.: Brian Bailey, 14th MDOS; To Chief Master Sgt.: Zefrem Smith, 14th OSS.

SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated.

Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.

Columbus Salvation Army donations

The Columbus AFB Youth Center is hosting a community service project with the Columbus Salvation Army. The 14th Flying Training Wing Commander's Executive Assistant office is accepting donations for the event. Some suggestions include coloring books, crayons, pencils, markers, small toys, shampoo, conditioner, hair brushes or combs,

hair ties, toothpaste and toothbrushes, stickers, books, cards game, gift cards, etc. Please drop off any donations no later than 4 p.m. Dec. 11. Any items donated should not contain any food or candy. For more information, please call Staff Sgt. Keasha Cleveland at 434-7008 or Senior Airman Sierra Gibson at 434-7007.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 25 BLAZE TEAM members are deployed worldwide. Remember to support the Airmen and their families while they are away.



SAUDI VISIT

(Continued from Page 1)

U.S. for pilot training. These students will begin their training at Lackland AFB's Defense Language Institute where they will study English for four months and then spend another two months learning aviation specific terms. This training is vital to ensuring Columbus AFB instructors are able to communicate with their students during flights in pilot training.

Consider the challenge of understanding instructions in another language while traveling 300 mph when you only have seconds to react! DLI's intense immersion into English resolves

this problem in only six months.

When the students arrive at Columbus AFB for Specialized Undergraduate Pilot training, they are treated the same as their American counterparts, providing them with an understanding of Air Force culture. During this one year SUPT experience at Columbus, the students will spend countless hours with their classmates working to succeed in a difficult program. The experience will provide a better international perspective for all of the students involved in the class. With our global reach, it is almost certain the students will be reunited in another location while our respective countries work together to resolve international issues.

Don't Drink and Drive

Practice ladder safety this holiday season

14th Flying Training Wing Safety Office

Unfortunately, the use of ladders invariably results in a few personnel each year doing headers from the top step.

This past weekend, Kirtland AFB had an individual fall from the ladder of his deer stand and ended up in the emergency room with minor injuries. Here at Columbus AFB, we had one of our base personnel fall when a ladder step broke on his tree stand. His injuries were significant enough that it is estimated he will be unavailable for duty for approximately fifty days.

For our hunters who use the various types of deer stands; please inspect your ladders, climbing and safety devices. As an additional safety factor, make sure your stand location and estimated time of return is known to a friend or loved one.

It seems every year we have at

least one person fall off a ladder while putting up holiday decorations. There are several causes for these falls, but the primary reason is "let's see how far I can lean syndrome". The "let's see how far I can lean syndrome" is magnified by the use of lightweight ladders. These are the type III or 200 lbs. ladders. They are built for light use, but will normally handle more than 200 lbs. if used for climbing straight up and down the ladder. When you add more weight and implement the lean syndrome, the lightweight legs have a tendency to buckle.

Now add in couple of drinks and then climb that lightweight ladder and see if you can lean to about sixty degrees to hang the last ornament. This is a scenario for an emergency room visit. Please use common sense when using any ladder. Stay within arms reach, do not lean, just move the ladder instead. Use the appropriate ladders and save the celebrating until the decorating is done.

Dormsgiving



U.S. Air Force photo by Senior Airman James Corbin

Chief Master Sgt. Richard Brackett, 14th Flying Training Wing Command Chief Master Sergeant, and his wife, Debbie, serve Airman 1st Class Andrew Duangdara, 14th Operations Support Squadron, during the Dormsgiving celebration Nov. 20 at the Chapel Annex. Columbus AFB senior leadership sponsored the event and held drawings for a variety of prizes including an XBOX 360.

Holiday guidance for DoD personnel

Airman Elena Stofle

14th Flying Training Wing
Judge Advocate

The holidays have always been a time for exchanging gifts. All Department of Defense personnel; however, should remember that federal ethics regulations sometimes restrict these activities. Here is a summary of the rules regarding gift giving in the workplace.

First, DoD personnel may not accept gifts offered because of their official positions or offered by a prohibited source, such as a contractor (or anyone wants to become a contractor). There are several exceptions to this general rule, though. The main exception is that DoD personnel may accept gifts, other than cash, not exceeding \$20, as long as the total amount of gifts that the personnel accepts from that source does not exceed \$50 for the year. This exception is often known as the "\$20/\$50 Rule."

Second, DoD personnel may attend receptions and other events with free refreshments in a widely-attended gathering, if the employee's supervisor deter-

mines that the employee's attendance is in the agency's best interest. Also, DoD employees may accept invitations (even from contractors) to events which are open to the public, to all government employees, or all military personnel. A DoD employee can also accept invitations to open houses, parties and receptions and other personal hospitality at the residence of subordinates which are customarily provided on the occasion. Finally, a DoD employee may also accept an invitation from a boss or co-worker. We understand that parties, gatherings and receptions are often synonymous with the holidays; please contact the legal office if you have questions about holiday parties!

A third important rule involves gift exchanges. When exchanging gifts between DoD personnel, the general rule is that supervisors may not accept gifts from subordinates or DoD personnel who receive less pay. However, there are important exceptions which allow a supervisor to accept gifts, other than cash, of \$10 or less from a subordinate on an occasional basis. These occasions may include holidays and birthdays, so the rule allows a

subordinate invited to a social event at a supervisor's residence to give the supervisor a hospitality gift of the type. There are no legal restrictions on gifts given to peers or subordinates; however, common sense (and good taste) should still apply. Always avoid any perceptions of favoritism!

Of note, exchanging gifts with contractors may only be done on an occasional basis. Remember the \$20 rule as stated above. If you are considering giving a gift to a contractor, you should first check with the contractor, since many contractors have codes of ethics which are similar to federal rules and therefore may preclude the acceptance of gifts.

There are a host of other rules and regulations. The main point is to exercise common sense, moderation, and good taste in all gift giving and holiday events. This article isn't meant to substitute for good advice from an ethics counselor and/or the legal office. Please contact the Base Legal office at 434-7030 with your specific questions.

Complete your Air Force Climate Survey

General Norton Schwartz has asked that everyone who received the Air Force Climate Survey complete the survey with candid inputs. The survey has been extended through Dec. 14 and gives Air Force senior leaders a snapshot of the climate in our Air Force today. It only takes approximately 20 minutes to complete so please get it done in a timely manner.

**Make The
Right Choice...
Don't Drink
And Drive
This Holiday
Season.**

Limitations to TRICARE insurance coverage

Beth Logan

14th Medical Support Squadron

Have you ever considered asking your doctor for a referral for a "nose job" or a "tummy tuck"? You might be surprised to receive a bill for these services, despite having a referral. These procedures along with many others are considered non-covered by TRICARE.

Cosmetic procedures are not routinely covered by any insurance and that includes TRICARE. Cosmetic procedures are any procedure which would be performed as a result of the aging process. Examples of cosmetic procedures include correction of minor skin blemishes, such as age spots, skin tags, and chemical peeling for removal of acne, acne scars or facial wrinkles. This would also include mole removal for cosmetic reasons only. Body sculpturing procedures such as panniculectomies (tummy tuck), blepharoplasty (eye lifts), rhinoplasties (nose sculpturing), and breast reductions procedures are covered only if they are medically necessary to restore the patient's bodily function. TRICARE will review any request for these procedures and will either approve or deny based on medical necessity. So, even with a referral from your doctor, these requests will be denied if the procedure is found to be for cosmetic reasons only.

Breast implants are covered only in cases of cancer. Implant removal is also only a covered service if the implants were placed due to cancer. According to TRICARE policy, "Implants not originally covered or coverable, implant damage, hardening, leakage, and

autoimmune disorder do not qualify as separate medical conditions. They are considered unfortunate sequelae resulting from the initial non-covered surgery, and, therefore, are excluded." This would include any cosmetic procedure which is performed as a non-covered service. The patient would be responsible for any costs incurred from the procedure or as a result of complications of that procedure. Long term financial considerations must be evaluated prior to any cosmetic procedure.

Routine podiatry services are non-covered; this would include removal of corns, calluses, and trimming of toenails unless the patient has a systemic medical disease such as diabetes. Orthotics (shoe inserts) are covered only for the active duty population. Dental congenital anomalies (absent tooth buds or malocclusion), tattoo removal, electrolysis, hair transplants, chiropractic services, acupuncture, in-vitro fertilization, artificial insemination, non-surgical treatment of obesity and morbid obesity are non-covered services (including diet clinics and weight loss medications). Gastric by-pass surgeries are only available to non-active duty beneficiaries whom have met TRICARE's policy guidelines for the surgery.

With all of this being said, if you are ever in doubt, always ask! TRICARE insurance is a great benefit for the military population, with almost no out of pocket expenses at present. Let's do our part to keep it that way, by not asking the government to cover procedures that are not medically necessary. As a TRICARE beneficiary you may go online and look up TRICARE policy at www.tricare.mil.

Santa to visit base housing

Columbus AFB Fire Emergency Services and The Landings at Columbus have teamed up with Santa and his friends this holiday season. Santa will be riding his sleigh through base housing Monday, Dec. 8 starting at 5:30 p.m. Santa and his elves will be handing out candy to children as they pass by in their sleigh. While Santa is passing out candy, carolers will be filling the air with the holiday cheer of your favorite Christmas songs. Santa will ride through each housing area, starting at 5:30 p.m. in Magnolia and ending in Capitol. Occupants not living near the driving route should move to the nearest route location. Please come with your family and share in the holiday spirit with Santa and his friends.

Holiday Safety Briefing



U.S. Air Force photo

Corporal Johnny Poulos, Mississippi Highway Patrol Public Affairs, spoke at the holiday safety briefing Nov. 21 for base personnel over the age of 26. The main topics of discussion included driving while distracted, specifically attempting to multitask while behind the wheel and the continued presence of drunk drivers on public roadways. More than 550 personnel were present for the two presentations sponsored by 14th Flying Training Wing Safety Office.

Ever wonder how your supervisor came up with your duty title?

Contrary to popular belief, it wasn't just pulled out of the air. In accordance with the October 2008 Air Force Enlisted Classification Directory, the duty title will describe the actual job and the level of responsibility of the individual. As such, it should not mirror the AFSC specialty description title. For example,

the AFECDD specialty description for 3S071 is Personnel Craftsman, which is too broad a description for the member's actual duties. A more appropriate duty title would be NCOIC, Outbound Assignments. This not only provides the level of responsibility, it also depicts the member's actual duties.

We are all recruiters



Each Air Force member is an "ambassador in blue." Each person can make a difference in someone else's decision to join the Air Force.

❑ Get involved in youth programs, whether in high schools or through church and community organizations. Be a role model in your community.

❑ Take advantage of the Recruiter Assistance Program. Each member of the Air Force is authorized a permissive TDY home for up to 12 days to perform recruiting duties with the local recruiter.

❑ Talk with others about what the Air Force has done for you and the successes you've had because you joined.

Medical center keeps troops in action

Senior Airman Clinton Atkins
379th Air Expeditionary Wing
Public Affairs

SOUTHWEST ASIA — “Being here really makes you appreciate the sacrifices these wounded warriors have made and when you put them on a plane after they recovered from their injuries you know they’re going back out there to put their lives on the line all over again,” says a nurse as she wipes away a tear from her eye. “I get choked up just thinking about it.”

The men and women working in the Wounded Warrior Center of Excellence, members of the 379th Expeditionary Medical Group at an air base in Southwest Asia, provide health care and comfort to ambulatory patients with injuries sustained in a combat zone. Their goal: nursing them back to fighting form.

“Our mission is to provide adequate care for the patients to get them back to an optimum level of health and back into the fight within 30 days,” said Capt. Deidra Haralson, a 379th EMDG nurse. “We have been very successful in getting our patients back to their units.”

Since the beginning of their rotation, the medical staff has helped 150 servicemembers successfully reintegrate back to their deployed units. Currently, the staff members of the center are caring for 27 servicemembers.

“We are one of the premier military treatment facilities located in the area of responsibility which accepts troops for surgical intervention or recovery and recuperation,” said Maj. Debbie Davis, another 379th



U.S. Air Force photo/Staff Sgt. Darnell T. Cannady

Maj. Craig Kolasch, general surgeon assigned to the 379th Expeditionary Medical Group, changes an injured man's dressing Nov. 26 at the Wounded Warrior Center of Excellence at an air base in Southwest Asia while Capt. Darla Mitten, a registered nurse assigned to the 379th EMDG, assists. Major Kolasch, a native of Great Falls, Va., is deployed from Keesler Air Force Base, Miss., and Captain Mitten, a native of Brownsburg, Ind., is deployed from the Indiana Air National Guard in Terre Haute.

EMDG nurse. “We are close to the fight. We can take care of them and we can get them back to duty in a timely manner.”

The Wounded Warrior Center of Excellence can house up to as many as 50 injured servicemembers at a time.

“We can always get extra billeting if we need to,” said Major Davis. “If we had more wounded warriors we could definitely make room for them. We’ll never turn anyone

away. We’ll always find a way to take care of them.”

Over the course of the servicemembers’ recovery, which usually takes 10 to 14 days, medical personnel closely watch their development to gauge whether or not they’ll be fit to reenter a combat zone.

“Before we can send them back to their unit we have to know whether or not they can handle the rigors of deployment mental-

ly and physically,” said Captain Haralson. “The doctors will base their decision from watching (a patient’s) progress throughout the rehabilitation process.”

Through routine checkups and appointments, the medical staff uses all of their assets to ensure optimum levels of health for mind, body and even soul.

“Our medical team consists of a general surgeon and orthopedic surgeon, primary care providers, physical therapy, mental health, nurses, medical technicians, laboratory, radiology, dental, immunization, optometry, pharmacy and many other disciplines,” said Captain Haralson. “We provide care for the total well being of the wounded warrior.”

“Our main concern is their mental health,” she said. “They’re always saying, ‘I want to get back to my guys.’ We just try to keep them occupied with various activities as much as they can tolerate during their recovery.”

They just want to get back to their brothers in arms because they know how important each individual is, Captain Haralson said.

“The unit is my family and when I am gone it’s a huge impact on the Soldiers having to fill in for me,” said Army Sergeant Broadus Eddings, a driver for a brigade commander at Camp Liberty, Iraq.

Offering a solution close to the problem pays huge dividends in the war on terrorism.

“We help maintain a high level of operational forces and the best part about it is that we handle it within the AOR,” Captain Haralson said.

Air Force spouse raises funds for wounded warriors

Ryan Mattox
Defense Media Activity-San Antonio

SAN ANTONIO — When her husband deployed to Iraq in January of 2006, Sonja McDonald decided to spend her time waiting for his return home, raising money to help wounded warriors and their families.

Mrs. McDonald is married to Capt. Jim McDonald, a nurse at San Antonio Military Medical Center-North, formally known as Brooke Army Medical Center. Mrs. McDonald and her husband are working to help make the war-torn lives of those who are in Iraq and Afghanistan and returning from there a little bit better.

“He was trying to make a difference for them over there, and I wanted to make a difference here and make sure those here were going to get the care they needed here,” Mrs. McDonald said.

After hearing about the Center for the Intrepid and two Fisher Houses being built here through her employer, Mrs. McDonald said she called a local Fisher House here to see how she could make a donation.

“I talked to the Fisher House, but at first, (the official there) thought I just wanted to donate a few hundred dollars,” Mrs. McDonald said. “I told her no, I wanted to do

something bigger. She then passed me to the Fisher House Foundation. So, I went to my employer and asked if I raised \$200,000 between Memorial Day and Fourth of July would you match it, and they said yes.”

Fortunately for the Fisher House Foundation and Mrs. McDonald, her employer started her off with \$100,000.

With those funds in hand, she jumped into fundraising mode and campaigned in the local area to raise the rest. Mrs. McDonald, a vice-president of marketing at a San Antonio credit union, managed to raise an additional \$217,000 in donations for Fisher House in that six-week period of 2006.

“I held luncheons, meetings, called people, went to a Fourth of July parade, and made speeches. I took any opportunity I could get just to get \$10,” she said.

Also added to her amount was a \$200,000 matching donation from her employer. The \$517,000 raised was used to complete Fisher Houses 1 and 2 at Fort Sam Houston in San Antonio.

The inspiration behind Mrs. McDonald’s efforts was a fellow mother, Becky Ziegel. The mother of a Marine who had been staying at Fort Sam Houston talked to Mrs. McDonald about her experience at the Fisher House.

“I think what sticks in my head when you ask a mom what would you do without the Fisher House is when Becky

told me she would have lived in a cardboard box and washed up at the Texaco,” Mrs. McDonald said. That grabs at your heart and that’s what the Fisher House is trying to prevent.

“Becky actually helped me with the fundraising,” she said. “She went out with me and talked to people.”

“I raised money and I did what I had to do, but let’s face it, nothing that I did compares to the sacrifices made by those who serve our country and their families. I feel it is our duty to help them,” Mrs. McDonald said.

Her efforts in raising the money did go unnoticed by those at the Fisher House. In October, Mrs. McDonald was given a Volunteer Service Award from President Bush in October of 2008.

The Fisher House was founded by Zachary and Elizabeth Fisher in 1990. By 2005, the network had grown to 33 homes that provides a place to stay for families of patients receiving medical care at major military and Veterans Administration medical centers.

“I really don’t know what the families would do without the Fisher House,” said Grace Blancett, a volunteer coordinator at the Fisher House. “I feel for the families dealing with long-term care and the injuries to their loved ones. I am just happy its here.”

The Garden
State Base

Capt. Tony Wickman
USAFE Public Affairs

ACROSS

1. Ancient
4. Perform
7. Imitate
10. Overseas mil. Address starter
13. Pod vegetable
14. Pitch
15. Road material
16. Young man
17. Positive photo made on iron plates varnished with film
19. The Garden State base namesake
21. Rabbit
22. Greek goddess of the dawn
23. To feature as a movie actor
27. Otherwise
31. Actress Fey of Baby Mama
32. Hurricane center
35. Hearing organ
36. Burn
38. Goody-goody
40. Dined
41. C-17; plane assigned to the Garden State base
44. Spring mon.
46. Schwarzenegger role
47. Motto for the Garden

State base

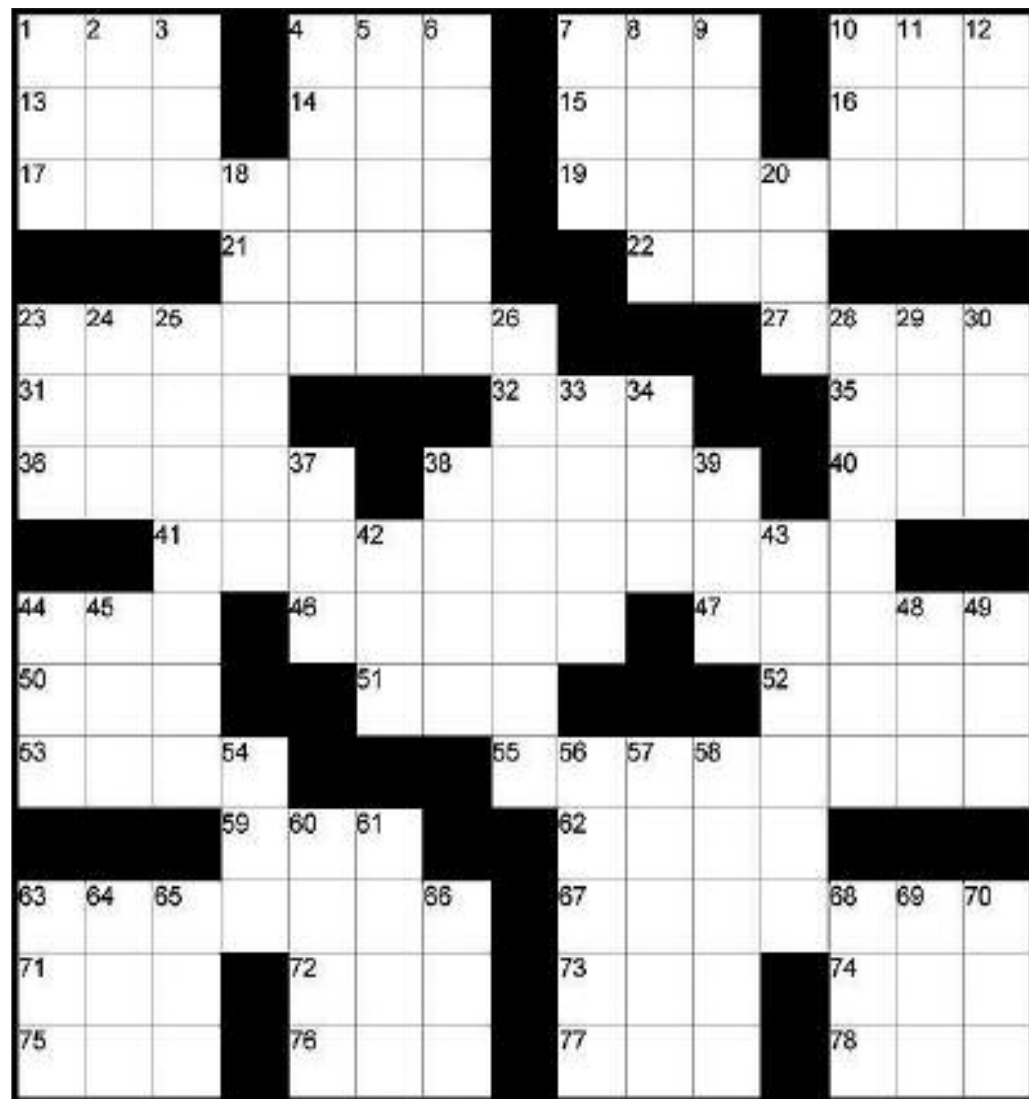
50. Possible mil. Duty status
51. Actress ___-Margaret
52. Admiral type
53. Army location
55. KC-10; plane assigned to the Garden State base
59. Charged particle
62. Sea bird
63. Capital of the Garden State
67. Head covering
71. Playboy founder nickname
72. Foot part
73. Flightless bird
74. Army Fort attached to the Garden State base
75. Feed
76. Canadian prov.
77. CBS TV show
78. Pub order









DOWN

1. Chose
2. Aloha gift
3. Dolphin great Marino
4. The Garden State base commander
5. Italian island
6. Child between middle childhood and adolescence
7. Cash machine
8. Former CJCS Gen. Peter___
9. Hence
10. The Greatest
11. Even golf score
12. Lyrical poem
18. Bondage

20. Ply

23. Space shuttle ID
24. ___-tac-toe
25. Word formed from another by rearranging its letters
26. Pertinent
28. Gleaned
29. Made a lap
30. Before, poetically
33. Chinese currency
34. Actors O'Neil and Harris
37. "What's up, ___?"
38. Actor Sean of Mystic River
39. Among others
42. Constrictor
43. Fetched
44. MAJCOM the Garden State base assigned
45. Actress Zadora
48. Lost actor Daniel ___ Kim
49. Hockey legend Bobby
54. Hole identifier
56. Small three-masted Mediterranean vessel
57. Streetcars
58. Boredom
60. Hall of Famer Graham
61. High time?
63. Article
64. V for Vendetta actor Stephen
65. Young newt
66. Capture
68. Oklahoma town
69. Zero
70. Terminate



				SMSgt					
TSgt				A1C					AB
					Ann				MSgt
	CMSgt	MSgt						SMSgt	A1C
				AB	SSgt				
		TSgt						Ann	
Ann					AB			SrA	
SrA				CMSgt		SSgt			
									

RANKS

To solve, place an enlisted rank into each box so that each row across, each column down, and each small 9-box square within the larger diagram will contain every enlisted rank. In other words, no rank E1 – E9 may appear more than once in any row, column, or smaller 9-box square. Working with the ranks already given as a guide, complete each diagram with the missing ranks that will lead to the correct solution.

Mon	Tue	Wed	Thur	Fri	Sat/Sun
8 "The Messiah" 6 & 8 p.m. @ Annunciation Church Base Cookie Drive	9 West Point Christmas Parade 6:30 p.m.	10 Happy Fund Shop/Wrap	11 09-11 Track Select 4 p.m. @ Club Daedalians Dinner 6:30 p.m. @ Club	12 09-03 Graduation 10 a.m. @ Kaye Auditorium	13/14
15 AETC/CC Base Visit	16 AETC/CC Base Visit AETC Commanders Call 9 a.m. @ Kaye Auditorium	17	18 CONS-CPTS (P) Change of Command 10 a.m. @ Club Enlisted Promotions 3:30 p.m. @ Club	19 Wingman Day Civilian Call 9 a.m. @ Kaye Auditorium	20/21 21st - WG/CC Holiday Open House 1-5 p.m.

Long Term Events

Dec. 23 - Last Day of Flying
Dec. 26 - AETC Family Day; CAFB Closed

Jan. 2 - AETC Family Day; CAFB Closed
Jan. 5 - Flying Resumes (1/2 Day)

Toward a more spiritual holiday season

Chaplain Dave Logan
14th Flying Training Wing

The holidays are upon us. If you are like me, it sort of snuck up on you again. Every year I vow not to let that happen, to be prepared. That's the key to a meaningful holiday season: to be prepared. I'm not talking about rigid schedules and Operational Readiness Inspection-like checklists; I'm talking about being prepared for your inner self. These are dark times for many in our world, and we all experience darkness sometimes. We need a little light. And that is what our great diversity of spiritual traditions brings to us.

The holidays celebrate the entrance of light into our world. The Jewish celebration of Hanukkah, also known as the Festival of Lights, is an eight-day holiday commemorating the re-dedication of the Temple in Jerusalem after its desecration by the forces of Antiochus IV in the 2nd century BCE. The event commemorates the "miracle of the container of oil". According to the Talmud, at the re-dedication following the victory of the Maccabees over the Seleucid Empire, there was only enough consecrated olive oil to fuel the eternal flame in the temple for one day. Miraculously, the oil burned for eight days, which was the length of time it took to press, prepare and consecrate fresh olive oil. Hanukkah is observed for eight nights. This year Hanukkah begins at sundown Dec. 21.



It is no accident the Christian celebration of Christmas occurs Dec. 25, just a few days after the longest night of the year in the northern hemisphere. Christians observe the birth of Jesus on this date every year. The celebration of Christmas actually begins with the four Sundays preceding Christmas Day, with a special season called "Advent". This is a time for Christians to prepare for the coming of their savior into their lives anew. Advent is marked by the progressive lighting of candles on an Advent wreath. Lights and greenery, while an attractive part of the celebration of Christmas, also have a religious significance. For those of the Christian faith, lights symbolize the belief that Jesus is the "light of the world", the light shining in the darkness. The evergreen symbolizes life in the midst of death, which reminds Christians of the belief that Jesus has brought eternal life

into a sinful world. According to popular tradition, the reformer, Martin Luther, popularized the use of the Christmas tree in Christian homes.

Muslims will celebrate the Hajj, their annual pilgrimage to the Holy City of Mecca, where the rites are celebrated on the seventh and twelfth days of the month of Dhu al-Hajja. The Hajj Concludes with Eid ul Adha when those not traveling to Mecca take part. Eid ul Adha, the Islamic Feast of Sacrifice, will be observed this year Dec. 6 through Dec. 9. Eid ul Adha is the most important feast of Islam. It concludes the Hajj and is a three-day festival recalling

Abraham's willingness to sacrifice his son in obedience to Allah.

Followers of Wicca/Paganism will celebrate Yule on the Winter Solstice Dec. 21. Yule is also a Norse pagan celebration of the winter-born king, symbolized by the rebirth of the sun. For followers of these traditions, this is a major celebration.

What does all this add up to? It's a great time for us all. Despite the darkness and uncertainty of our world and these times, we celebrate as a people the entry of light into our world. Whatever our chosen tradition, we share the joy with warmth, smiles, goodwill to all and maybe a little bit of "magic", especially for the children. The season calls for some thoughtful preparation to experience fully the spiritual bounty which is available to us.

Here at Columbus AFB, we will be right up front. We started with the traditional Christmas tree lighting ceremony Monday. Our chapel communities will celebrate in traditional fashion on the Sundays of Advent, with the base chaplains offering a sermon series on the topic of "Light in the Darkness" through Epiphany Jan. 11. We will have a traditional Christmas Eve Worship service Dec. 24. at 5 p.m., preceded by come and go family communion from 3p.m. to 5 p.m. All are invited. There are abundant opportunities for your family to prepare and to celebrate the holidays. If you have questions, feel free to contact us at the Chapel. We'll be glad to help. After all, that's why we're here!

Are you "that guy"?

Maj. Lisa Davison

14th Medical Operations Squadron

There's a new guy in town. You know the kind of guy I'm talking about. He's the one you meet almost every weekend. The one who is obnoxiously loud. The one who picks fights with just about everyone bigger than him. The one whose shameful attempts at a pick up line make everyone in ear shot wonder who he thinks he is. So, to not be sexist "that guy" could also be "that girl". You know her as the one who spews loud and obnoxious comments at strangers or cries uncontrollably about the "ex" who dumped her who didn't deserve her anyway.

The sad thing is many of us have been "that guy" or "that girl" at one time or another. And we've all seen him or her. How does "that guy" evolve? Well it all starts out with good intentions and one drink of alcohol. Sometimes no matter how many times we set a limit on what we want to drink, once we've had that first drink, rational thought can go right out the window and be replaced with drunken delusions of what we can accomplish.

So far this year at Columbus AFB, we have had 28 referrals to the Alcohol and

Drug Abuse Prevention and Treatment program. In the past 4 months, we have had three ADAPT referrals. Let's improve this trend as we enter the holiday season. Keep an eye out for "that guy" or "that girl" and make sure we are taking care of each other.

Here are some tips to prevent you or your wingman from becoming "that guy/girl", or one of our statistics:

- Set a limit and stick to it. Remember 0-0-1-3. Zero drinks if you're under age 21, zero drinking and driving. One drink per hour and no more than three drinks per night.
- You keep track of your drinks; don't rely on your buddies to track your drinks.
- Have a plan, have a back up plan and have or be a designated driver.
- Space drinks out, maybe alternate with non-alcoholic drinks.
- Remember quality, not quantity. If your sole reason for drinking is to get drunk and you hate the taste, it may be an indication that you're drinking for the wrong reasons.
- Don't "pre-game" or drink at home before going out so you don't have to spend so much money on drinks. This is a good indication you may be abusing alcohol.
- No drinking games. Again, the obvious



goal is to get drunk and you will only come out as a loser.

- Learn and practice drinking refusal skills, drink slowly and in a safe environment
- Never leave you drink alone or with someone else. They may strengthen it for you or drop something in it which could impair you even more.

So take a look around and keep these tips in mind as you attend various events and parties and do not become "that guy/girl". Although alcohol seems to make people excited and more outgoing, it acts as a

depressant to the frontal lobe of the brain (the part that helps you make good decisions). Let's take a lesson from the Culture of Responsible Choices. Instead of "work hard, play hard", let's "work hard, play smart" this holiday season and into 2009.

For more information about CoRC or if you think you might be "that guy/girl" and need help with your alcohol use, contact the Mental Health Clinic at 434-2239. You can also visit www.thatguy.com to learn more about "That Guy", a Department of Defense-sponsored alcohol awareness program.

CAFB kicks off holiday season, honors deployed Airmen

Airman Josh Harbin
14th Flying Training Wing
Public Affairs

The holiday season is here and Columbus AFB joined in the Christmas spirit with its own way of honoring the season and those who serve our country.

The annual tree lighting ceremony was held Monday evening in Smith Plaza at the 14th Flying Training Wing Headquarters building.

After an invocation by Chaplain (Maj.) Alan Chouest, Columbus AFB wing chaplain, the group of more than 40 base personnel and family members sang along to "Silent Night".

Colonel Roger Watkins, 14th FTW commander, made the opening remarks for the ceremony and introduced the family of Master Sgt. Eric Heaton, 14th Contracting-Comptroller Squadron (Provisional), who is currently deployed to Iraq.

In honor of Sergeant Heaton's absence during the holiday season, his wife, Jamie, and their seven children, Jason, Sara, Amanda, Suzanna, Hannah Beth, David and Caleb, joined Col. Watkins in the lighting of the Christmas tree.

The tree burst into light, illuminating the plaza with its aesthetic splendor, and wowed the audience scattered throughout the street.

Just after the lighting of the Christmas tree, a great red sleigh towed by one of Columbus AFB's very own fire trucks paraded Santa Clause through the plaza to wish everyone in attendance a merry Christmas.

Ultimately, the holiday season is about spending time with friends and family and ensuring all that's good in the world, despite the hard times we face today.

Let's not forget the efforts of Sergeant Heaton and all the other servicemembers serving our country in these trying times while they are deployed during the holidays.



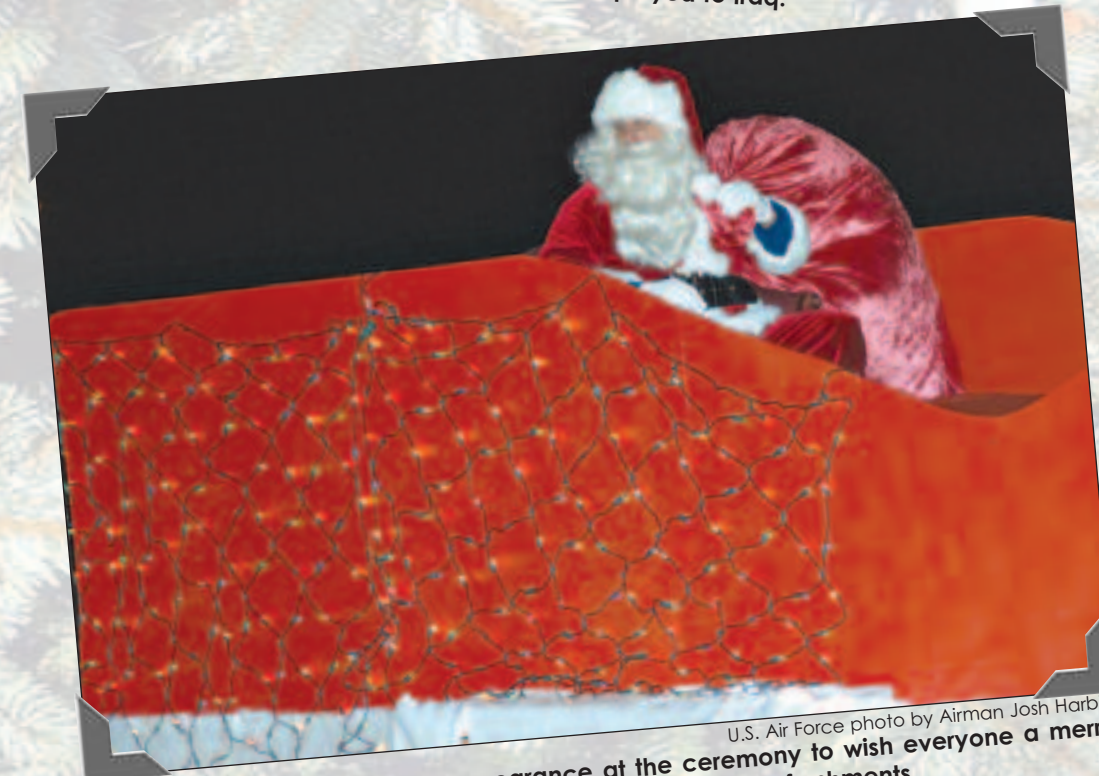
U.S. Air Force photo by Airman Josh Harbin

The 14th Flying Training Wing Christmas tree is lit for the winter holidays. The tree lighting ceremony took place Monday evening in front of the 14th FTW headquarters building.



U.S. Air Force photo by Airman Josh Harbin

Jamie Heaton, wife of Master Sgt. Eric Heaton, 14th Contracting-Comptroller Squadron (Provisional), pushes the button to light the wing tree with her seven children, Jason, Sara, Amanda, Suzanna, Hannah Beth, David and Caleb. Master Sgt. Heaton wasn't able to attend because he is currently deployed to Iraq.



U.S. Air Force photo by Airman Josh Harbin

Santa Clause makes a guest appearance at the ceremony to wish everyone a merry Christmas and invite everyone to come to the chapel for refreshments.



U.S. Air Force photo by Airman Josh Harbin

Colonel Roger Watkins, 14th Flying Training Wing commander, and Chaplain William Logan, 14th FTW chaplain, bow their heads in prayer during the invocation given by Chaplain (Maj.) Alan Chouest, 14th FTW chaplain, at the tree lighting ceremony Monday.



U.S. Air Force photo by Airman Josh Harbin

A group of children and their parents await the lighting of Columbus AFB's Christmas tree Monday in Smith Plaza. More than 40 base personnel and their family members attended the event.

Base News

Military Spouse Tuition Discount

Columbus AFB military spouses who enroll in Saint Leo University for the 2008-2009 academic year will receive a third course free when signing up for two courses! Contact Dew White at 434-8844 or visit her in the Personnel Bldg., Room 120 for more information.

New vMPF Capability

In mid-December, another military personnel capability will be available in the virtual Military Personnel Flight, which can be accessed from the Air Force Portal or from the "Secure Apps" tab on the AFPC website. Members may log in and withdraw a pending voluntary assignment application or request cancellation of an approved voluntary assignment. Colonel and colonel-selects may only withdraw and/or request cancellation of a Humanitarian or Exceptional Family Member program application and/or assignment.

Mississippi School for Mathematics and Science

The Mississippi School for Mathematics and Science is a public, residential, co-educational high school for academically talented juniors and seniors. While MSMS students may differ in their academic, cultural, and economic backgrounds, they all share an intense motivation to excel academically in order to prepare for successful college experiences, professional careers, and positions of leadership. Created by legislative enactment July 1, 1987, MSMS is located on the campus of the Mississippi University for Women in Columbus, Miss., and is governed by the State Board of Education. MSMS is unique in that it is a campus within a campus. This is a benefit for MSMS students who are allowed to participate in various college extension opportunities and MUW programs. For additional details and the application process, please go to: <http://www.msms.k12.ms.us/>.

New Finance Office Hours

Effective immediately, the Columbus AFB disbursing area's (located in the Finance office) operating hours will be Tuesdays and Fridays from noon to 4 p.m. Urgent requirements will be serviced as required by contacting 1st Lt. Shirisha Peake at 434-2678 or Ellen Staples at 434-2708.

Supply Customer

If you are looking for that special piece of equipment or furniture for your office, your point of contact is the Inspection Section of Base Supply. Inspection maintains the Last Look Area, which has used equipment and furniture turned in from other organizations that no longer have a need for the items. All items in the Last Look Area are available

without charge to your organization. For more information, you can contact the Inspection Section at 434-7233 or 434-7234.

Attention All Deployers

The 14th Communications Squadron has a new system which allows you to place "free" telephone calls back home from your deployed location via DSN. You can call every day or once a week; whichever you prefer (allotted time is 3.5 hours a week). Pin numbers are required and can be picked up along with instructions from the Telephone Systems office located in Building 900, Room 9. Please call 434-2020 for additional information.

DRMO

Authorized personnel may retrieve property that is marked for DRMO Facilities only if they are still physically located in Base Supply. For more information, call 434-7233 to review the property or call Stock Control Section at 434-7179 or 434-7198. To check for authorization and Demand Processing Section, call 434-7178 to order the property. All other DRMO processing is done via the Web at www.drms.dla.mil.

Zero Overpricing Program-Incentive Awards

Overpricing is an issue everyone should be working. All personnel are encouraged to participate, and will be rewarded for any tangible savings resulting from their price challenge. Monetary awards will be given in accordance with AFI 38-401, The Air Force Innovative Development Employee Awareness Program. Advice and guidance are available by calling the Customer Service element of Base Supply, located in Building 158, at 434-7178.

Airman and Family Readiness Center

(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790 or email afrc@columbus.af.mil.)

Pre-Deployment Brief

There is a mandatory briefing for active duty personnel who are deploying or going on a remote tour. The brief is held every work day at 9 a.m. Spouses are welcome to attend.

Post-Deployment Brief

This mandatory briefing is for active duty personnel who are returning from deployment or a remote tour are held daily at 1:30 p.m. at the A&FRC. For more information, call 434-2790.

Preseparation Counseling

This mandatory briefing for personnel separating or retiring to be completed at least 90 days prior to separation is held daily at 8:30 a.m. May complete up to 12

months prior to separation or retirement. This briefing takes approximately 30 minutes. For more information, call 434-2839 or 434-2790.

Going Digital Workshop

This workshop will be held Dec. 8 through Dec. 17 from 4:15 p.m. to 6:15 p.m. There will be a twelve-hour course meeting Monday, Tuesday and Wednesday for two weeks. Advance registration required. For more information, call 434-2839 or 434-2790.

Smooth Move

This event will be held Dec. 9 from 2 p.m. to 3:30 p.m. at the Airman and Family Readiness Center. You will learn what to expect before you move from TMO, Housing, Finance, Legal, Billeting, Tricare, Medical Records, and the AFRC. For more information, call 434-2839 or 434-2790.

Wing Newcomers

The Wing Newcomers briefing will be held Dec. 11 starting 8 a.m. at the Airman and Family Readiness Center. This brief is for all active duty and civilian personnel new to Columbus AFB. Spouses are encouraged to attend. For more information, call 434-2839 or 434-2790.

Coping with Winter Blues Workshop

This workshop will be held Dec. 12 from 11 a.m. to noon. For more information, call 434-2839 or 434-2790.

Sponsorship Training

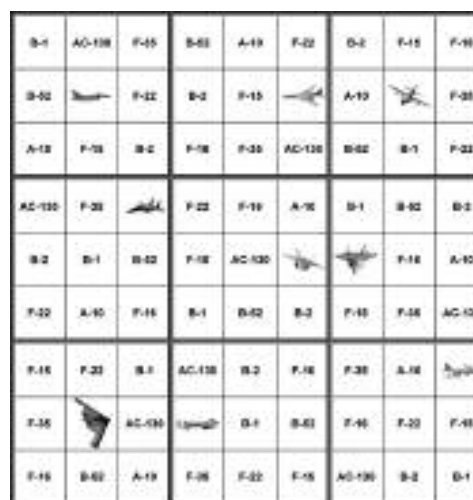
This training for Unit Intro Monitors and Sponsors will be held Dec. 16 at 9 a.m. at the Airman and Family Readiness Center. Web-based training is also offered through Air Force Portal under Columbus AFB and through the Public Folder. For more information, call 434-2839 or 434-2790.

Hearts Apart Social Gathering

This event will be held Dec. 16 from

SOLUTION FOR LAST WEEK

(Current weeks puzzle on page 6)



4:30 p.m. to 6:30 p.m. This social gathering is for families of deployed (over 30 days) or remote personnel. Information and refreshments will be offered. Advance registration is required. For more information, call 434-2839 or 434-2790.

Communications, Assertiveness Workshop

This workshop will be held Dec. 19 from 11 a.m. to noon. For more information, call 434-2839 or 434-2790.

Chapel Schedule

Protestant

Sunday:

9 a.m. — Adult Sunday School
10:45 a.m. — Traditional Worship Service (Children's Church)

All are invited to a fellowship luncheon following the 10:45 a.m. service the fourth Sunday of each month.

Holiday schedule:

Dec. 10: 6 p.m.: Christmas caroling in Base Housing

Dec. 17: 6 p.m.: Children's Christmas play. If you would like to join us for dinner before caroling or the play, a potluck dinner will be served at 5 p.m.

Dec. 24: 3 p.m. to 5 p.m.: Come and Go Communion. If you are unable to join us for the candlelight service but would like to partake of communion and prayer, please come to the Chapel for its Come and Go Communion.

Dec. 24: 5 p.m.: Candlelight Service

Catholic

Thursday:

5 p.m. — Choir Practice

Sunday:

3:45 p.m. — Choir Practice
4:30 p.m. — Confession
5:00 p.m. — Mass



Base families afforded many recreational opportunities

NAF Sale

Couches, wingback chairs, end tables, china hutch, and miscellaneous kitchen equipment are for sale from 8 a.m. to 3 p.m. Dec. 9 at Outdoor Recreation. No pre-sales will be authorized. For more information, call 434-2507.

Kids' Crafts To Go

The Arts and Crafts Center offers a kid's craft pack ready for your child's crafting fun at home. You provide home materials such as glue, markers and scissors and we provide everything else. December craft packages are \$3 each and include reindeer bucket, Santa stop here door hanger, stocking door hanger, Mom's Christmas gift and Dad's Christmas gift. For more information, call 434-7836.

Gatlinburg Ski Trip

The Information, Tickets and Travel office offers this trip Jan. 17 to Jan. 19 but reservations must be made by Dec. 17. Cost is \$235 per person and includes transportation, two meals, chalet lodging for two nights, lift tickets and rentals or \$195 per person without rentals or \$150 per person for non-skiers. Skiing is the Jan. 17 from 3 p.m. to 10 p.m. and the Jan. 18 from 10 a.m. to 5 p.m. A \$50 non-refundable deposit is required when registering. Full payment is required no later than Jan. 10. The maximum number of people for this trip is 14 people. For more information, call 434-7861.

Breakfast with Santa

The Youth Center and Child Development Center will offer this program from 8 a.m. to 10 a.m. Dec. 13 at the Youth Center. Register by Dec. 8. Cost is \$3 per person and includes breakfast, children's pictures with Santa, games, prizes and more fun. In addition, parents may fill out a clothing request form for free children's clothing while supplies last. Sizes available are from infant to size 14. Pick up a clothing request form from the Youth Center or Child Development Center and turn in by Dec. 8 at the activities. For more information, call 434-2504 or 434-2479.

Annual Holiday Cooking Baking Contest

The library hosts this annual event with judging at 2 p.m. Dec. 16 at the library. Register anytime until Dec. 12 at the Library. Entries are due by 1:30 p.m. Dec. 16. At least six cookies are required per entry with no more than two entries per person. No tarts or candy may be entered, just cookies. The winner will receive the

Whispering Pines facelift



U.S. Air Force photo by Jana Hall

Whispering Pines Golf Course Superintendent Dick Bryde and tractor operator, Tristan Mann, work on building a new fence at the golf course during the off season. Other projects this winter will include bunker improvements and planning a new outdoor party pavilion for spring construction.

newest Southern Living Cookbook. For more information, call 434-2934.

New Orleans Saints Tickets

The Information, Ticket and Travel office has a limited number of tickets to the New Orleans home game against Carolina Dec. 28. Tickets are \$45 each and are sold on a first come, first served basis. An overnight trip for the Dec. 7 game against Atlanta includes transportation, lodging and ticket to the game for \$165 per person. For more information, call 434-7861.

Mardi Gras Trip

Check with the Information, Ticket and Travel office for booking your reservation for this trip scheduled for Feb. 13 to Feb. 15. Cost is \$175 per person, double occupancy, \$140 per person with three in a room or \$120 person for four in a room. Cost includes transportation, two nights' lodging, and a light breakfast. Must have 20 registered by Jan. 15 to offer. For more information, call 434-7861.

Holiday Carnival, Family Bingo

The Youth Center offers this program from 5 p.m. to 7 p.m. Dec. 19 at the Youth Center. Win prizes at the carnival and family bingo games. Register by Dec. 16 at the Youth Center. For more information, call 434-2504.

Library Adds "Playaway" Section

The library has added a new item to their audio/visual collection with the new technology of "playaway". These are pre-loaded portable audio books to listen to on the go. Just plug in a headphone and listen. The book comes with a headphone but will work with most headphones, speakers and car adapters. They currently have non-fiction, fiction and children's books and will be adding more throughout the year.

Christmas Lights Tour

The Information, Ticket and Tour office and the Landings at Columbus are offering this tour of the Columbus Christmas lights Dec. 9. Seats are limited so register early. Itinerary includes picking up at the bus stops at 4:30 p.m., start tour of downtown Columbus Christmas lights, a 6 p.m. stop at the Dollar Tree for children to purchase gifts (parents provide child with \$1.10 for each gift they will purchase) and at 7 p.m. will go to golf course for cookies, hot chocolate and gift wrapping while parents wait in the pro shop/lounge area. For more information, call 434-2507.

Drawing for LCD Television

The Columbus Club will draw for the LCD television Dec. 17 following the lunch bunch service. Club members may register to win the television by placing their receipt with their name and phone number on the back of the receipt. For

more information, call 434-2490.

Have a Bowling Birthday Party

The Bowling Center offers the best birthday party packages around. The "good" package includes two hours of bowling, free shoe rental, "bowling" place settings, balloons and a souvenir bowling pin for the guest of honor for just \$7.50 per person. The "Best" package includes everything in the "Good" package plus choice of hot dog, grilled cheese sandwich or chicken strips with fries and soft drink for \$10 per person. A \$25 non-refundable deposit is required for all parties. No outside food or beverages allowed, except for birthday cakes. For more information, call 434-3426.

Cosmic Bowling

Strike Zone Lanes offers cosmic bowling every Friday and Saturday night from 7 p.m. to 11 p.m. A night filled with black lights, loud music, strobe lights and bowling. Cost is \$2 per game. For more information, call 434-3426.

Daily Grind Proudly Serving Starbucks

The Daily Grind is open Monday through Friday from 6:30 a.m. to 1 p.m.

Blaze Lunch Bunch

at the Columbus Club Every Wednesday During Lunch

All plates come with one meat, two sides, roll or cornbread, tea or water
\$6.25 for club members
\$7.25 for nonmembers

This week's menu:

Meat choices:

Fried Chicken, Sliced Turkey Breast & Swedish Meatballs and Noodles

Sides:

Macaroni & Cheese, Mashed Potatoes & Gravy, Turnip Greens, Baked Sweet Potatoes & Cornbread Stuffing

Lunch Bunch Special - \$6.95

Chilled Tuna Salad Served Over a Bed of Lettuce with a Side of Potato Chips and Fresh Seasonal Fruit

Desserts:

\$2.95 each

New York Cheesecake
with Strawberry Topping
Homemade Cobbler
Sugar Free Coconut Cream Pie

Kadena cookie drop

Members of the National Honor Society from Kadena High School prepare cookies Nov. 19 at the 18th Force Support Squadron's central kitchen on Kadena Air Base, Japan. Volunteers prepared more than 24,000 cookies that will be delivered to servicemembers living in the dorms here at Kadena.



U.S. Air Force photo/Airman 1st Class Chad Warren

MUW Foundation Holiday Concert: The Mississippi University for Women Foundation presents The Jimmy Dorsey Orchestra featuring The Pied Pipers and Nancy Knorr Dec. 10 in the Rent Auditorium at 7:30 p.m. The groups will perform their holiday production, A Christmas Gift, featuring seasonal classics and original hits. Tickets for MUW, Mississippi School for Mathematics and Science and area students, faculty, and staff are complimentary and underwritten by the MUW Foundation. Tickets are available to community members at no charge. For more information contact the MUW Foundation at 329-7148.

William Grant Still Exhibit: The Columbus-Lowndes Public Library is hosting a traveling exhibit on African American composer William Grant Still through Dec. 18. William Grant Still was an African-American classical composer who wrote more than 150 compositions. He was born in Woodville, Miss. He was the first African-American to conduct a

major American symphony orchestra, the first to have a symphony of his own (his first symphony) performed by a leading orchestra, the first to have an opera performed by a major opera company, and the first to have an opera performed on national television. He is often referred to as "the dean" of African-American composers. It is free and open to the public. For more information, please call 329-5304.

New Year's Eve Block Party: Stark Aerospace, Main Street Columbus and WCBI-TV presents the first New Year's Block Party taking place in downtown Columbus Dec. 31 beginning at 8:30 p.m. and ending at 12:30 a.m. More details will be provided as they become available.

For more information about local area events, e-mail AFRC@columbus.af.mil or call the Airman and Family Readiness Center at 434-2790.

AFPC Airmen hold unit run in honor of Warrior Care Month

2nd Lt. Gina Vaccaro

Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas — Hundreds of Airmen from the Air Force Personnel Center here ran through the streets around Airmen's Heritage Park here Nov. 25 in honor of Air Force wounded warriors.

AFPC officials hosted the run as part of Warrior Care Month to honor the sacrifices of Air Force wounded warriors and to increase awareness and support for them.

Maj. Gen. K.C. McClain, the AFPC commander, introduced the event acknowledging Warrior Care Month and AFPC's role in supporting wounded warriors.

"November is set aside by the Department of Defense to honor wounded warriors, and AFPC plays a key role in supporting them," General McClain said. "We have worked policies and developed programs to help (wounded warriors) return to active duty in the Air Force or to transition into civilian life."

Staff Sgt. Scott Lilley, an Airman who was wounded in Iraq and is overcoming his injuries so he can return to active duty, attended the event and thanked the runners.

"I would like to thank all of you for showing your support," Sergeant Lilley said. "It means a lot not only to me, but also to all other injured Airmen."

On April 15, 2007, while Sergeant Lilley was deployed in Iraq, his Humvee was attacked and a piece of shrapnel penetrated his brain. Barely 18 months later, Sergeant Lilley has graduated from the Basic Instructor Course at Lackland Air Force Base, Texas, and is planning to return to active duty as a security forces instructor there.

General McClain described Sergeant Lilley's perseverance and his will to survive before the run began.

"Sergeant Lilley's decision to stay in the Air Force is a testament to his courage and serves as an example of one of the many Air Force wounded warriors sacrificing for us every day," the general said.

After the run, Sergeant Lilley spoke of his rehabilitation and of the Air Force's Wounded Warrior program. He praised the services he received and the support the military has given his family throughout his recovery. He also spoke of his plan to return to active duty and encouraged other wounded warriors to do the same.

"By coming back to active duty, you will not only be doing good for yourself, you will be doing a lot of good for the Air Force," Sergeant Lilley said.

Also during the run, a group of AFPC Airmen ran in formation carrying rucksacks in honor of all wounded warriors. Runners were also invited to wear a runner's bib honoring wounded warriors.

AFPC officials also worked with the Randolph AFB Company Grade Officers Council to collect donations of nonperishable food items to donate to the Fisher House at Lackland AFB. Fisher House Inc. is a nonprofit organization that provides lodging, food and transportation to families of Airmen receiving medical treatment.

Warrior Care Month is part of an ongoing Defense Department initiative to care for and support wounded warriors and their family members. For more information about Warrior Care Month or the Wounded Warrior Program, visit the Air Force Wounded Warrior Web site at <http://www.woundedwarrior.af.mil/>.

Notice to all CAFB hunters

All hunting areas on Columbus AFB will be closed Dec. 8 through Dec. 11.

Sports Shorts

Fitness Classes: The Fitness Center offers fitness classes. Spin classes are Mondays, Wednesdays and Fridays beginning at 7 a.m. Cardio kick boxing classes are Mondays and Wednesdays at 5 p.m. and aerobics is offered Saturdays at 9 a.m. For more information, call the Fitness Center at 434-2772.

Summer Lunch, Bowl

Special: Receive two free games of bowling from 11 a.m. to 2 p.m. with the purchase of a combo meal during lunch.

Cosmic Bowling: Cosmic bowling is every Friday and Saturday from 7 p.m. to 11 p.m. Cost is \$2 per game. The night is complete with black lights, loud music, strobe lights and bowling!

TCU thrashes Falcons with a 44-10 win

Maj. Brett Ashworth

U.S. Air Force Academy
Public Affairs

U.S. AIR FORCE ACADEMY, Colo. — Air Force concluded the 2008 regular season on a sour note in Fort Worth, Texas, Nov. 22 with a 44-10 loss at the hands of Texas Christian University.

The Horned Frogs dominated both sides of the ball and kept the Falcons' high-powered offense from getting on track on a cool afternoon in Texas.

After winning the coin toss, Air Force deferred to the second half and allowed TCU to receive the opening kick-off. The Horned Frogs set the tone for the day by driving 60 yards in six plays to take a 7-0 lead only two minutes into the game. And they wouldn't look back.

"You have to play so darn well on the road, especially to beat a top-15 team, and we did not do that today. They did. They played outstanding," said Air Force head coach Troy Calhoun.

Following an Air Force punt on their first possession, TCU drove 69 yards with Ross Evans kicking a 32-yard field goal to take a 10-0 lead.

As has been the case for the Falcons this year, they fought back. Early in the second

quarter they sustained a 61-yard drive aided by a career-long 54 yard scamper by freshman running back Asher Clark. The drive stalled and Ryan Harrison booted a 36-yard field goal to get the Falcons on the board.

The Air Force momentum wouldn't last long with TCU taking the ensuing kickoff and marching 83 yards with quarterback Andy Dalton carrying the ball the final eight yards for a touchdown. Following an Air Force punt the Horned Frogs took control of the game with Dalton hitting Bart Johnson on a 22-yard scoring pass shortly before halftime. TCU took a commanding 24-3 lead into the intermission.

TCU tacked on two more touchdowns in the third quarter to put the game out of reach. However, Air Force fought to the end with fullback Jared Tew busting loose on a 57-yard touchdown run early in the fourth quarter. But as was the case all day, TCU answered right back with a 10-play, 60-yard touchdown drive of their own, providing the final points of the day.

TCU's stingy defense held Air Force to a season-low 161 yards of total offense.

Clark and Tew paced the Falcons with 63 yards each on the ground. Linebacker Ken Lamendola had an outstanding day for Air Force defensively with 11 tackles including two sacks.



U.S. Air Force photo/Tech. Sgt. Julie Briden-Garcia

Air Force Falcon tailback Asher Clark fumbles the ball forcing a scramble during the game. Texas Christian University beat Air Force, 44-10 in Amon G. Carter Stadium at Fort Worth, Texas, Nov. 22.

TCU head coach Gary Patterson was impressed with Air Force and the future of the program.

"That's going to be a very good Air Force team. They are young, have good players and they will soon be a force to be reckoned with. We had two weeks to prepare and got ourselves going early," he said.

The Falcons will have an opportunity to

end the season on a high note as their 8-4 record has qualified them for a bowl game. They should know which bowl game they'll be playing in on Dec. 7, when the Bowl Championship Series games are announced.

The Falcons ended the season 5-3 in Mountain West Conference play, good for fourth in the conference.